

Society Events,
Domestic Helps

BEAUTY CHATS

By Blanche Beacon.

REDUCE FLESH

It is really too bad to have to reduce one's flesh.

The think to do is to keep in condition.

I know a woman who refused to believe in the little black demon of fat until she had seen a woman who had been attacked by her. She went to a rheumatism specialist and was advised to reduce her weight. She had not been weighed for ten years and when the physician put her on his scales and showed her how the little black demon had been attacking her, she was shocked beyond expression. Knowing her normal weight to be 150 lbs., he explained to her that the excess flesh carried around by her poor little bones would in time effectively break down their tissues and after destroying the arches to her feet it would in time break down the supports to her heart and altogether incapacitate her.

He put her to bed for eight weeks and gave her a rigid diet.

Remember, he was treating her for rheumatism, as well as fat. This was not a concentration but a quantitative one. As a result, she is down to 115 lbs. and is striving to lose the other 35 lbs.

Here is her dietary, altered a little for the normally fat woman.

Breakfast. Any fruit except bananas and peaches, but eaten without sugar. Weak tea with only a half lump of sugar and a dash of lemon juice. One soft boiled egg eaten with salt and one slice of toast made, if possible, from rye or whole wheat bread.

Lunch. A 4-minute egg or a lean chop or bit of steak; weak tea with lemon and a green vegetable or salad.

Dinner. Lean beef, lamb, or the white meat of chicken; any vegetable that grows above the ground except peas and corn. No cream, no pastry, nor malt liquor. A little sour wine can be taken at dinner if preferred to tea. Tobacco, milk, butter, oil, nuts, and chocolate. Do not drink water with your meals.

Sleep only seven hours at night. Take no naps during the day, and if possible walk four miles a day.

Each morning take at least five minutes of deep breathing.

Do not look for results for at least several weeks. You can take off your flesh at your leisure, but your efforts and having taken it off, never take it on permanently again. If possible keep scales in your bathroom, and if a few days of overeating gain for you a superfluous pound, take it off at once.

Do not grow fat!

CHAUTAUQUA TO
BE NOTABLE IN
SPEAKER'S LIST

"The Real Meaning of Socialism" as a topic with no details or explanations given would be, in itself, sufficient, in these days of political and social unrest, to attract general attention. Both from those believing in the Socialistic belief as a "cure-all" for the high cost of living and other perplexities of modern life and those opposing it on general principles or on account of some of the opinions advanced. There are many brands of Socialistic doctrines advanced, agitators grasping it as a foundation for their efforts and thinkers considering it from the real benefits or defects. Publications of all kinds have taken it up as one of the issues of the day, noted writers arguing it from the viewpoint of support or opposition. To have it discussed by a man considered to be one of the thinkers and foremost students of the day is expected to be a treat for Bridgeporters, a treat that is sure to be appreciated.

John Spargo of New York and Vermont is considered to be a speaker of more than local reputation and to be of the keenest thinkers on the subject in the country. His lecture, "The Real Meaning of Socialism" is expected to be a source of the most interesting and useful discussion as well as an unusually representative list of speakers and enthusiastic audience for the fifth annual Chautauque assembly of Bridgeport Pastors association in the renovated Park City Skating rink building at 1675 State street.

Another speaker that is bound to attract general attention is Rabbi Stephen Wise of New York, who is scheduled to speak on his famous

WOMAN AND THE HOME

Let the Woman's Page bespeak the woman—let it be a help to those who desire help; a comforter to those who need comforting, and above all, let it be a friend to every woman.

LAURA JEAN LIBBY'S DAILY
TALKS ON HEART TOPICS

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WHY HE IS INDIFFERENT TO HER

(Copyright, 1914, by The McClure Newspaper Syndicate.)

"For they alone hath need of sorrow And they alone are poor For whom in life Love's holy angel Hath opened not the door."

No matter how charming a girl may be, beautiful of face and attractive of manner, it does not follow that the one particular man she cares most for should be interested in her. There's a trite saying that "kissing goes by favor." This may be said to be equally true of a man's likes or dislikes. A girl may be a blonde and be beautiful, yet to one man she may appear but a lovely human picture. His ideal may be a girl dark of eye and of hair, who could boast of no trim waist or tapering fingers. And he may be calling often upon such a one. The blonde beauty regales him with gossip of balls and parties, of her admiration of the tango; or the polished crowd at this reception, which she attended or that one; he up to the minute in the styles now in vogue; sing like a nightingale and play the piano divinely.

All of these accomplishments may have weighed as nothing to him compared to the interests the other girl has awakened in his breast. The plain, commonplace creature, who devotes herself to him any evening he may happen to call. Her household duties prevent. If he finds it agreeable to talk to her on the evening when she has a basket full of stockings in her lap to darn, she is philosophical and makes the best of the situation.

He Likes Her All the Better For Difficulty In Courtship.

She does not talk to him on trivial subjects. Above all she is a good listener, and appreciates having him do the greater part of the entertaining. She is deeply interested in his daily work and in the people who surround

him. She sympathizes with the worries that come to him, and always urges him to the best of humor. Her delight over his successes is genuine. She is not a beautiful picture to look at, but her heart is a jewel, which shines with all the virtues which make women lovable. She is a home girl; takes on herself the household duties and the management of the younger brothers and sisters; that her father and tired old mother may enjoy an evening at the theatre now and then. She knows more about cooking than the fashion magazines, and more about bread baking than poetry. She has an untroubled temper; is wholesome and practical. When there is a bit of a fight in the air, she is the first to step in and smooth things down. No man can have his heart in two places and love sincerely two women at one and the same time.

Love Comes Of Its Own Accord

It does not have to be angled for. When it is apparent to a fair woman that a man whom she has sincerely admired does not reciprocate her sentiment, she should not place her hopes upon winning him ultimately. But she should consider him without ado to her list of friends. She should understand that he is not decreed to be nearer and dearer to her than all others.

Of course friendship is the stepping stone to the love of passion. But a girl who would think of taking the initiative, letting a man know that she has more than a friendly interest in him.

If a man is indifferent to a sweet, beguiling woman, turn my word for it that he has his own good reasons. It is best and wisest for her to let it go at that. The girl who feels disappointed should remember that there's a better man for her in the background who is waiting patiently to come forward.

Laura Jean Libby

Easy & Practical
Home Dress Making
LessonsPrepared Especially For This Newspaper
by Pictorial Review

A NEW TAILORED EFFECT.



prominent places. With it is worn smart little boleros and jackets of hip length. Women of fashion are very careful not to conceal the lines of this fashionable skirt beneath a pelum or a long coat.

Dark blue whipcord of fine quality may be used for the model illustrated to-day. Three and a half yards of 44 inch material will be required for the skirt and bolero jacket. Nothing could be simpler than the bolero, which is cut in square effect at the front and finished with an accordion plaited ruffle of net or chiffon.

The skirt is very easy to cut. Place the pattern on the material with edge marked by triple "T" perforations on a lengthwise fold. To make plain upper edge, placing "T" on corresponding small "O" perforations (forming inverted plait at center) and tack. Turn under right front edge on slot perforation, lap on left front edge, centers even (slot perforations indicate center-front) and stitch, leaving edges free above large "O" perforation for opening. Adjust a webbing or a straight strip of canvas 2 inches wide to position underneath upper edge of skirt for a stay; stitch under edges to center.

For the bolero, plait back, creating an slot perforation, bring folded stay to small "O" perforations and stitch. Close under-arm seam as notched; close shoulder seam.

The suit is very chic made of cloth and silk or crepe and setting different materials being used for the skirt and waist.

Among the smart new tailored effects the "peg top" skirt holds a

These Home Dressmaking articles are prepared especially for this newspaper from the very latest styles by The Pictorial Review.

them, "The World for The Child" and "The Jew and the Christian." On account of his popularity as a lecturer at the last assembly, he has again been secured for this winter. Recorded as one of the most popular and representative speakers of the day, it is considered that the committee made a master stroke in securing him.

In addition to these two, it is promised that the program will be the most equally balanced and interesting-compelling in the history of the assemblies. There will be special attention paid to both those interesting heavier topics and those desiring to hear musical attractions of more than local reputation.

BEAUTIFUL WOMEN
NOT FOR STAGE.

New York, Jan. 20—Contrary to the usual belief that a beautiful woman will find more favor with theatrical

managers when looking for a position, the beautiful woman never makes a wonderful success. In the somewhat astounding declaration of David Belasco.

"For purposes of the stage," he said, "I don't care at all for the beautiful girl. She has been told that to retain her beauty she must not give way to temperamental outbursts. She has a harrowing fear that lines will come in her face, and to keep them off as long as possible she refrains from expressing her feelings, and as much as possible from having her face at the theater. She has so expression and is nothing but a beautiful mask."

"Such a woman is beautiful in repose, but there is no variation in her face and her beauty becomes wearisome."

The Hamburg-American line abandoned temporarily the plan to make Queenstown, Ireland, a port of call.

U. S. ADVANCING
IN CERAMIC ARTInteresting Talk by Members
of National Arts ClubSPECIMENS SHOWN BY
FORMER MEMBERDelightful Musical Program
And Tea Entertains Art
League.

Mrs. Fannie Rowell, a member of the National Arts Club of New York and a former ex-president of the Bridgeport Art League, gave a very interesting and highly interesting talk before the members of that society at their regular meeting in the lecture rooms in the Newfield building, yesterday.

As Mrs. Knapp, the president of the organization, was in the chair, she announced that the regular business meeting would be dispensed with and the afternoon given over entirely to the musical program and a talk.

Mrs. Fannie Rowell, the chairman of the musical committee and through whose efforts such splendid programs have been presented, introduced the soloist for the afternoon, Mrs. Robert Ward.

Mrs. Ward's selections were well suited to her contralto voice and brought much applause from an appreciative audience.

Three songs, "The Mission of a House," by Cowie, "The Philosophy," and "Nothing but Love," by Bond, and an encore piece, "Kashmiri Song," were given.

Miss Elmer Beardsley accompanied the soloist with her usual efficiency and sympathy.

It was then announced that a meeting for the purpose of forming a class in art jewelry will be held at the home of Mrs. Sjolund of 48 West avenue, South Norwalk, at 8 o'clock on Thursday afternoon of this week.

Mrs. Sjolund, chairman of the ceramics department of the league, spoke a word of introduction for Mrs. Rowell.

Her talk was illustrated with interesting specimens of ceramic art which she had been collecting in her travels abroad.

"Ceramics," said Mrs. Rowell, "is the most beautiful of all arts. It is also the most interesting. I am not speaking now of tea cups and of the things which we use daily, but in the broad sense. Italy is the inspiration to all the world for ceramics."

The speaker showed different models which she had been given in Venice and which had come from these wonderful old mural decorations which are to be found in ancient churches in different parts of Europe.

Beautiful examples of that much-beloved piece of work, "Bambino," were shown, also of that favorite piece, "The Annunciation."

Mrs. Rowell also with her some Roman pearls and a piece of alabaster from which they are cut and then slipped in an idling to give them a lustrous coating.

"Italy," she said, "is certainly making a living from hotel-keeping and ceramics."

"The Swiss," she continued, "turning to the miniature from the country, although they will work twice as many hours on a piece as will the Italians, have not reached as high an artistic degree as you would expect from the magnificent beauty of their surroundings. They have, however, gone very deep into ceramics."

Nobody in the European country was doing so much of a new shape in china," said Mrs. Rowell, as she held up to view some very quaintly shaped articles similar to those seen in the paintings of the old masters.

The most wonderful thing about the Italian and Spanish pieces was that in spite of their minuteness they were perfectly formed and exquisitely colored. Although a great deal of work of them "???????????" answer.

INVOCATION TO THE EARTH.

O rest, rest, perturbed Earth!
O rest, thou doleful mother of mankind!

A spirit sang in tones more plaintive than the wind.

"From rest, when no evil thing has birth."

Thy cherished fetters, to unbind,
To open thy dark eyes upon a mid-day day!

The heavens are thronged with martyrs that have risen
From out thy gloomy prison;

The penal caverns groan
With tens of thousands rent from off the tree

Of hopeful life,—by battle's whirlwind blown.

Into the deserts of Eternity,
Unpitied have—victims unlamented!

But not on high where madness is rewarded.

And murder causes some sad tears to flow.

Though, from the widely-sweeping
The choir of angels spread triumphantly augmented.

Smooth passions, smooth discourse,
The most joyous thought:

And thus, from day to day, my little boat
Rocks in its harbor, lodging peace—

Blessings be with them—and eternal praise,
Who gave us nobler loves, and nobler cares

The feet who on earth have made us heirs
Of truth and pure delight by heaven's rays!

Oh, might my name be numbered among theirs,
Then gladly would I end my mortal days.

—William Wordsworth.

Farmer Want Ads. One Cent a Word.

MANY WAIFS NEED HOMES
WITH CATHOLIC FAMILIES

(By Emily Emmett.)

"Who will take a baby?" A baby in whose eyes there is a glimpse of Heaven—in whose smile a world of innocence. Robert A. Lynch of New York Foundling Hospital who is for the remainder of the week resident at the Hotel Stratfield, is endeavoring to place with reliable Catholic families some of the three thousand little waifs of his institution.

A baby is a once God's most precious and most helpless gift. You were one once yourself. Where would you have been today had not loving arms carried you about and tenderly nursed and cared for you—had not loving hearts watched your advance and led you slowly upward step by step to that great plain where men work and wage with one another?

Yours, if you have the facilities, is the opportunity to lead another along this same way, the opportunity to watch the tiny bud through your tender care, blossom into pure young manhood or young womanhood.

Providence has been seemingly unkind to these helpless children, but has it actually been unkind? It may be holding out to you a golden opportunity for who can tell what genius, what wonderful talent, what amazing success may be hidden among those three thousand children? Think of the joy of having some future great man or woman say of you, "I owe everything to my foster father and mother."

HOW TO MAKE THE MOST
OF YOURSELF

BY ELIZABETH LEE

WHAT THE TALL, THIN
GIRL SHOULD WEAR

(Copyright, 1914, by McClure Newspaper Syndicate.)

Just in the same measure as the stout woman must avoid large designs, bright checks, tartan plaids, and broad stripes, because they apparently increase breadth, the tall thin woman must refuse models built on long lines, which suggest slenderness, because they will apparently add to her height.

The flowered brocades in vogue just now are just the thing for her, and so are the wide, early printed designs, cubist, and futurist effects and colorings. She can also wear stripes of broad medium, or in groups, but they should be wholly or partly made up with the stripes going around the figure. To arrange them vertically will only serve to make her look taller still.

When they go in the opposite direction they have a tendency to decrease height.

Very good effects, indeed, can be obtained by using the stripes both ways in combination, as, for instance, the skirt made up in lengthwise stripes, a broad band (also any other trimming), going across the waist, and the blouse or waist could be made up to match the skirt or be entirely of the horizontal stripes.

The material having a rough surface should be preferred to smooth textures. Both the imitation and the genuine fur, as Persian lamb, astrakhan, and caracul made up in wraps, will suit the tall, thin type admirably. Maltese is another fabric to be recommended, and all of the materials mentioned are fashionable just now.

Braiding is a great aid to the desired end. So when a plain surface is chosen the trimming may be braiding. This decoration is always good. A coat elaborately braided will suggest a plumpness hardly believable.

The tall, thin woman must have her wraps and coats built on loose, baggy lines rather than the severely tailored styles, while half and three-quarter length will be better than the short coat. Big cuffs and patch pockets will be good, also wide neck trimmings. A broad short-waistcoat will be objectionable, but a vest, as it is understood, will not be an improvement to the thin girl's coat. But since waistcoats are worn so much, let the coat be cut so the fronts can turn back in wide, loose reverse effect or be closed at will.

The sport and loose motor coats are examples of garments becoming to the thin girl. The loose sleeves, long shoulder seam, and wide belt all help to reduce height, and this is just what she needs. Remember, everything that affects vertical lines, as the insertion of, say, a long, narrow vest, reduces breadth, and consequently emphasizes height. A contrary arrangement, as a short, broad waistcoat, will cut the height. The narrow, straight one will only increase it.

Waists and sleeves should be as loose and fluffy as fashion permits. In

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MISS WILSON MAKES
SOCIAL CENTER PLEA

Washington, Jan. 20.—Miss Margaret Woodrow Wilson, eldest daughter of the president, rose from her seat in the audience at a civic improvement meeting here last night, and made a plea for the movement to have the school houses of the country opened to the public as "social centers."

"The social center movement is the final analysis," she said, "is the fundamental principle of democracy. No matter how cultured we are we cannot get ideas alone, and we must get together and get them from each other."

SPECIAL MEETING SOON

ON ALMSHOUSE QUESTION

At the semi-monthly session of the Charity Board yesterday afternoon Mayor Wilson announced his intention of calling a special meeting soon to consider the preliminary plans for the new almshouse.

Music, Art,
LiteratureA LITTLE CHILD
FOR THE ASKING
TO KEEP OR OWNAgent For Big Society Now
Here to Place Many In
Homes.3,000 HOMELESS BABES
ALL COLORS, AGE AND SEXAbsolute Secrecy Maintained
As to Birth and
Ownership.

Stopping at the Stratfield for the remainder of the week is Robert A. Lynch, a representative of the New York Foundling Hospital, of New York city.

This hospital was founded in 1868 by Archbishop Hughes for the purpose of caring for foundling babies which would otherwise be thrown into the rivers, gutters and sewers of the great city.

To-day any poor, unfortunate woman who finds herself with an infant for which she is unable to provide, may bring the baby to the hospital and place it in the cradle in the vestibule and from that moment the child is cared for. No details of its birth are asked and it makes no difference whether the child be white or black.

Among the large number of foundlings at the hospital there are negro, Jewish, Chinese, Japanese and in fact children from every nationality in the world.

In thus taking all kinds of children there are from 1,000 to 1,500 now saved every year in New York.

After the babies have been left at the hospital, they are placed in board with selected families in New York and Brooklyn. When they reach the age of 18 months they are brought into the institution where they pass the rest of their childhood. The children are asked and it makes no difference whether the child be white or black.

Any respectable Catholic family who wishes to adopt a home to one of these children may do so by applying either to the home or to one of its representatives. A description of the child desired should be given, and the only stipulation which the hospital makes is that the woman who is to be the mother of the child be Catholic.

When 12 or 15 families in a city have promised to each take a child, word is sent the Sisters of the hospital, when they have selected the child, they notify the families, telling them to be at the depot on a certain day and hour and to have with them the letter sent. There is a number on the letter which corresponds to a number fastened to the shoulder of the child and in this way there is no confusion in delivery of children.

At present there are 3,000 children at the hospital whose ages range from one day to 3 years and for which homes must be found among worthy Catholic families of this country.

Mr. Lynch has been in this work more than 23 years in which time he has found homes for between 5,000 and 6,000 children throughout the United States. Many of these children are now grown up and are themselves the fathers and mothers of splendid families.

Some of the children he has placed in the homes of multi-millionaires. Not long ago he placed two children of about three years of age in the home of a Missouri man who is worth \$100,000,000, and who has neither children nor relatives of his own. He would only take them on the promise that he immediately be permitted to adopt them legally. These children will in time inherit his great fortune.

Mr. Lynch says that experience has taught him that it is wrong for the foster parents to tell the child that they are not its real mother or father. It doesn't matter quite so much to a boy, but to a girl, who is so much more sensitive, it is a terrible thing and she thinks of herself as "only a waif without any real mother or father."

Mr. Lynch always advises the families not to inform the children of their unknown parentage but to adopt them and thus become legally their parents if this course seems more advisable.

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CELLAR FIRE THREATENS HOME

A cellar fire at 1403 Fairfield avenue yesterday afternoon resulted in still alarm and bell alarm from box 448. The flames burned away a gas meter connection and were threatening to destroy the building when Chemical 2 crew arrived. Two holes were burned in the first floor. The damage will be about \$100.

My Mamma Says—
It's Safe for
Children

CONTAINS
NO
OPiates

FOLEY'S
HONEY
and TAR

For Coughs and Colds

HINDLE'S DRUG STORE



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